

## Sullivan Meet Tuesday 3-19-24

Arcola, ALAH, Teutopolis, Villa Grove, Sullivan

### *Field events (start at 4:00) (4 Jumps/Throws/No finals)*

Long Jump (Girls first) Ran in Flights on New East Runways  
Triple jump (Boys First) Ran in Flights on New East Runways  
Discus (Boys First, Using North and South Rings if needed)  
Shot Put (Girls First, Using North and South Rings if needed)  
High Jump (Girls first)  
Pole Vault (Girls and Boys Together)

**Running Events Start at 4:45:** Girls first in each event, then boys. Rolling schedule after first event.  
(We may run girls and boys together in some events, which will be decided at the coaches meeting.)

3200m run @ 4:45 PM

4x800m relay

4x100m relay

100m/110m Hurdles

100m dash

800m run

4x200m relay

400m dash

300m Hurdles

1600m run

200m run

4x400m relay

#### Notes:

1. Staging will be in the North Chute across from the Victory Field Football Shed.

2. Exchange Zone Assignments:

4x100 Zone 1 Yellow to Yellow

4x100 Zone 2 Yellow to Yellow

4x100 Zone 3 Yellow to Yellow

4x200 Zone 1 Red to Red

4x200 Zone 2 Red to Red

4x200 Zone 3 Yellow to Yellow

4x400 Relay Blue to Blue Meet Official

4x800 Relay Blue to Blue Meet Official

3. Breakline Assignments:

3200m Run

800m Run

1600m Run

4. Hurdle Settings:

Girls 100m Hurdles: Yellow Marks, One Notch from the Lowest Setting

Boys 110m Hurdles: Blue Marks, One Notch from the Highest Setting

Girls 300m Hurdles: White Marks, At Lowest Setting

Boys 300m Hurdles: White Marks, On Middle Notch